

Week 1 – New Olympics

Tuesday:

Name Tags – Get the kids to design name tags so that we know their name and the other kids do too.

Everybody's it - While some kids are finishing up their name tags have everybody else play tag to keep them busy

Flag Making – Split the group into countries and then have them design a flag for their country for opening ceremonies

Popcorn – Each child gets a ball with a number on it, the child needs to remember their number. Everyone grabs hold of the parachute and then tosses their ball into the center. The object of the game is to keep your ball on the parachute. We can also play other games such as cat and mouse or mushroom.

Opening Ceremonies – Each country/team is going to parade around with their flag cheering.

Relay Races:

1. Game One: The Drinking Straw Race

Each racer holds a bent straw between their nose and upper lip. The children curl up their lip to hold it tight. See who can run to the finish line without losing their straw.

2. Game Two: The Balloon Between the Knee

Inflate the balloon, but not too much so that it fits comfortably between the knees of the child. Have the children put the balloon between their knees and run or hop to the finish line.

3. Game Three: Birdie Feather Race

Have the children take off one shoe and sock on one foot. Tuck a feather between two toes. The children will walk the finish line without losing the feather, if they lose the feather they have to go back to the start of the line and try again. For the older children they can do it with both feet.

4. Game Four: Backward Race

Walk or hop backwards to the finish line without bumping into other players.

5. Game Five: The Egg-A-Thon

Use plastic Easter eggs and spoons. The Children will try to walk fast holding the egg in the spoon to the finish line. To make more of a challenge a team mate can stand in the middle of the field and wait for the first player to pass him or her the egg. Then player two will continue to the finish line. If the egg is dropped you need to start again.

6. Game Six: The Potato Sack Race

Each player will get into a potato sack and hop to the finish line.

7. Game Seven: Over Under

The player need to line up in their teams the leader at the front of the line will get a bean bag or a ball. He or she will either pass the ball over their shoulder or between their legs. The second person in line has to do the opposite of player one. This continues down line until the person at the end gets the ball.

8. Game Eight: Waiter Run

Each player needs a plate and a ping pong ball. The player has to put the ball on the plate and carry the plate like a waiter or a waitress. The player has to follow the deigned path without dropping the ball. If the ball hits the ground they have to start over.

9. Game Nine: Three Legged Race

Players get into teams of two. The instructor will tie their inside legs together. The teams will race to the finish line.

10. Game Ten: Hoola Hoop Circle Relay

Each team stands in a circle and holds hands. The team must pass a hula-hoop through the circle without breaking their grasp by moving their arms and shoulders and then stepping through the hula-hoop.

Olympic Torches - You will need an empty plastic bottle, aluminum foil, scissors, Red/Yellow/Orange tissue paper, and tape. Cut the bottom of the bottle off and smooth the edges for the children. Wrap the bottles in aluminum foil. Cut out pieces of tissue paper to make the flames. Tape the flames into the bottle.

Air Plane Races – Everyone builds a paper airplane and then the kids race air planes.

Monkey Soccer – This game is played with arms instead of feet.

Journal – Sit the children down and ask them what they liked about the day and what they didn't like. Have a leader record what they say.

Wednesday:

Mini Golf – Played on the hill. If any of the kids get bored let them start a game of tag.

Olympic medals -

Materials Needed:

- Lightweight Cardboard (Cereal Boxes, Etc)
- Paint
- Glue
- 1" to 2" thick Ribbon

Use a glass to trace the desired number of 2 - 3 inch circles on the lightweight cardboard (you will need two circles for each medal. Cut out your circles. Paint the non-shiny side of the circles with gold, silver, or bronze paint and set aside to dry. If you cannot find gold, silver, and bronze paint, why not use blue, red, and yellow (traditional first, second, and third place colors).

The final touch is to add the neck ribbon. Cut on length of ribbon, approximately 32 inches long per medal. Put a dab of glue on the center of the non-painted side of two medal pieces. Fold your ribbon in half at the middle to form a 'V' shape. Stick the fold of the ribbon onto the glue on one of the medal backs. Cover it with the other medal piece with glue on it.

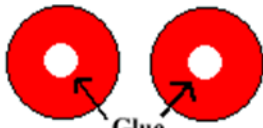


Figure 1



Figure 2



Figure 3



Figure 4

Capture the Rings – Instead of capture the flag the teams will have five rings that they have to get back to their side in order to win the game.

Long Jump, Javelin, Shot put, High Jump – the group will spilt into smaller groups and go to the different stations to compete.

Olive Leaf Crowns –

What you need

- Green construction paper
- Glue stick
- Sticky tape
- Scissors

Instructions

Cut a strip of paper about 1 1/2 inches wide. Measure it around the child's head and cut to size. Cut out lots of leaf shapes and glue them along the length of the strip, leaving a couple of inches at either end. Tape the two ends of the band together.

Journal – Sit the kids down and asked them what they liked and did not like from the day. Have a leader record.

Thursday:

Stepping Stones – Have the kids play on the stones and practice balance and sharing.

Badminton and Scoops – The older kids can play badminton and the younger kids can play scoops

Olympic Mascots – The children will be given a stuff animal and they can choose to decorate it however they wish.

Play Ground Time – Go to Ste. Maries and let the kids have free time on the playground.

Float a Boat – Everyone gets to make their own boat and then we will race them once they are all made

Paint a Mural – As a group make a big mural about the Olympics.

Journal - Sit the kids down and asked them what they liked and did not like from the day. Have a leader record.

Friday:

Human Knot – Stand in a circle and hold hands with someone across from you. Try to make the circle complete without letting go of the other persons hand.

Go Team Go – Make Props to cheer your team on. Posters, pom poms, horns ect.

Hand Ball – Set up two soccer nets and split the group into teams. Your team has to score in the opposite net but you can only take three steps when you have the ball. Team work is key.

Picture Frames – Everyone will make a picture frame so that when we take team photos we can put them in our frames

Group Challenge: Roaring Rapids – You have to link arms with your team and cross the rapids (Stepping Stones) without falling off. If you fall off you have to start again. The winning team gets a prize at the closing ceremonies.

Closing Ceremonies – Each player is awarded their medal or medals and gets to stand on the podium for a picture. The group challenge team winner is awarded their prize.

Journal - Sit the kids down and asked them what they liked and did not like from the day. Have a leader record.

Congratulations Leaders You made it Through Week 1 😊